



## The Importance of Pre-Tournament Psychological Training of Players

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### ABSTRACT

This article highlights the importance of psychological training for athletes in sports games, in particular football, and its impact on result.

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Nowadays, our esteemed President Shavkat Mirmonovich pays special attention to physical culture and sports. In this regard, the Republic has raised the level of sports to the level of state policy, giving priority to the upbringing of a healthy and harmoniously developed generation and because of the improvement and organizational foundations of any youth, sports are becoming an important factor in shaping a healthy lifestyle among students, shaping their physical and spiritual well-being.

Similarly, in order to ensure the continuous involvement of young people in physical culture and sports, the Ministry of Physical Culture and Sports, based on the resolution "On measures to further develop

physical culture and mass sports," and a number of measures are taken to ensure the continuity of sports competitions, this is evidenced by the fact that in the system. According to the decision, after the introduction of a new model of education, improving the psychological preparation of students of secondary schools, academic lyceums and vocational boarding schools, as well as students of higher education institutions for continuous mass sports competitions, which can continuously involve students in physical culture and sports, a model of prevention of various diseases and the formation of physically healthy people is being created by involving all segments of the country's youth in physical culture and sports, training national, Asian, world and Olympic champions and ensuring a healthy lifestyle. In accordance with the Resolution of the Cabinet of Ministers of the Republic of Uzbekistan dated May 22, 2020 No 311 "On measures to further support the activities of regional football associations": plans to create an effective system for the selection and training of promising and talented players, the formation of a quality sports reserve for national teams and professional football clubs, training, retraining and advanced training of football coaches and referees in accordance with international requirements and standards.

Decree of the President of the Republic of Uzbekistan No PF-5887 of December 4, 2019 "On measures to bring football development in Uzbekistan to a completely new level", Resolution of the Cabinet of Ministers of the Republic of Uzbekistan dated April 30, 2021 No 261 "On measures to increase the efficiency of football clubs" and other relevant regulations in this area to ensure the quality of education serves to a certain extent in this study.

Further development of physical culture and sports in the country, involvement of all segments of the population, especially young people in regular physical culture and mass sports, ensuring transparency in the formation of the national team of Uzbekistan in sports, PF-5887 of December 4, 2019 of the President of the Republic of Uzbekistan "On measures to create a methodology for the selection of talented athletes and the development of football in Uzbekistan to a completely new level" and Decree No PF-5924 of January 24, 2020 "On measures to further improve and promote physical culture and sports in the Republic of Uzbekistan". These laws and decisions serve as the main sources for the development of sports in our country.

Thanks to the independence of our country, the spiritual growth of Uzbek athletes has been noticeable. It is important that our representatives Shahobiddin Zoirov, Murodjon Ahmadaliyev, Bahodir Jalolov, Ulugbek Rashitov, Ruslan Nuriddinov will take part in world competitions, in particular, in the last Olympic Games in Rio and Tokyo, and become Olympic champions. In recent years, Uzbekistan has produced many talented athletes. Of course, this did not happen by itself. It is based on the historical development of the Uzbek people, their high level of culture, heroes, heroines and beautiful traditions.

However, unlike individual wrestling, team sports have relatively low results. These results are often attributed to the psychological state of the athlete. All types of psychological training exercises affect the achievement of high sports results and they are interrelated in any sport.

The aim of the study is to develop effective methods to improve the pre-competition psychological preparation of young athletes and test them in pedagogical practice.

To study the level of psychological training in athletes, the impact of psychological conditions on sports training (V.R. Malkin, L.N. Rogaleva), psychological condition of athletes and factors influencing them (Y. Masharipov) means of developing the character of the athlete (N. Nazarov) and the pre-competition psychological preparation of athletes (Z. Rasulov). However, not enough research has been done on the specific psychological training for football. In football nowadays, it is important to study the pre-competition status of athletes, to study the level of psychological preparation for the competition and to

develop effective methods.

Playing football places high demands on the psyche of the player: intuition, perception, attention, imagination, memory, thinking, emotions and willpower. To succeed in football, an athlete must be able to control their emotions and actions. Without a high level of certain mental qualities and characteristics of the body of the players, it is impossible to achieve high physical, technical, tactical training and successful performance in competitions. Increased psychological confidence of the athlete allows him to make full use of their opportunities, both during the competition and in training. Athlete's psychological reliability is largely determined by their ability to control their behavior, thoughts, and emotions in extreme competition. Usually this ability comes with a competitive experience.

In the competition, almost every athlete encounters surprises. Only those who value technology will forget the most important psychological truth: the results of any human endeavor, any activity depends not only on the perfection of a person's abilities and talents, but also on his character, the strength of his abilities. This is the reason for unexpected breakdowns and fantastic records, ridiculous defeats and dazzling victories.

Many coaches see one of the tasks of preparing for a competition as overcoming emotional stress, separating the athlete from the stressful effects. That is why our main goal is to psychologically prepare our young people and future athletes for sports competitions using certain methods.

The relevance of the study is that the impact of the psychological state of young players on the competition process, to find an effective way to increase their psychological readiness, use it in the pedagogical process, focus only on the competition process and help athletes get rid of stress during the competition and focused on physical education in accordance with the level of mental changes in the health of children.

The theoretical significance of the research is that these children's and adolescents' sports institutions will find solutions to the problems of increasing the readiness of future athletes for competitions and strengthening their psychological states, helping them to take the lead in the competition and increase their efficiency.

It is obvious that the introduction of new test methods in improving the pre-competition psychological training of athletes in Uzbekistan remains an urgent problem.

In sports, this team is big enough to succeed and help enough to win competitions. For example, the study found that most of the athletes who won prizes had a high pre-race mental state, and conversely, the athletes who lost had various psychological problems, such as problems in their families and personal lives. This proves that every athlete should receive not only physical but also psychological exercises and tests in the pre-race processes.

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